



THERAPEUTIC RECREATION

NEWSLETTER

NEWTON PARKS & RECREATION DEPARTMENT



Setti D. Warren, Mayor
Robert DeRubeis, Commissioner, Parks & Recreation



Mark Kelly, Special Needs Director
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Newton Parks & Recreation Department, 124 Vernon Street, Newton, MA 02458 • (617) 796-1500

1978 ~ 2013

Happy 35th Anniversary!

The 35th edition of the Newton Parks & Recreation Department's therapeutic recreation program is set to begin. We plan on commemorating this special anniversary on May 8th by throwing a 35th birthday party for the program at our annual awards ceremony. A 35th reunion for Camp Echo Bridge, which will welcome all current and past campers and staff, is slated for Friday July 12th.

Together we have a rich history with all of the athletes, campers, families, coaches, volunteers, staff members and community supporters that have touched our program throughout the years. Please save the dates and know that we would be honored if you would come celebrate these momentous occasions with us! For those of you who have been with the program for two or three decades we will be soliciting your help to reach out to friends we haven't seen in awhile.

Our Winter/Spring programs swing into action in January and feature basketball, yoga, ice-skating, instructional swim, floor hockey, a camp fair and a ski trip to Loon Mountain. These will be followed by a snowshoe clinic, vacation week socials, zumba, a Spotlighters tribute to the Beatles, track, swim, bowling, soccer, baseball, tennis, golf and rowing. We hope you will consider joining us for one or multiple programs this winter and spring.



Marian Rose Irwin was one of our many athletes that had the unique experience of rowing with members of the New England Patriots and New England Revolution at a celebrate volunteerism event this fall.

On behalf of the Newton Parks & Recreation Department we thank you for your long-standing support and for being an important part of our program's history. This program is here for you and the benefits are endless. Happy 35th!

Mark Kelly



The Spotlighters put on an unforgettable performance of musical selections from Les Miserables. Bravo to the cast and crew.



Lincoln and Forrest Beard were two of the athletes in the new 1K addition to Paddy's Road Race. The race raised over \$32,000 for the Newton Special Athletes program.

Ski, Snowshoe, Climb, Yoga

Family Ski Day

Loon Mountain Adaptive Program

We are off to New Hampshire for a day of skiing with New England Disabled Sports at Loon Mountain. We will charter an accessible coach to ride in style from the Newton Parks & Recreation Department. Athletes will have a lesson in the morning (10:00am-12:00noon) and afternoon (1:00pm-3:00pm). Whether you are a beginner, intermediate or expert skier they have a coach to meet your needs and are dedicated to making skiing accessible for all! We are encouraging parents, siblings, volunteers and friends of the program to join us for a fun day on the slopes. The \$80 rate is for Newton Special Athletes. Snowboarding, snow tubing, cross-country skiing, and snow shoeing are also possibilities, so get ready to have some winter fun at Loon!

When: Saturday 7:00am-6:00pm
Location: Loon Mountain, Lincoln, NH
Dates: January 26
Ages: 5 & Up
Cost: \$80 Resident \$85 Non-Resident
Includes transportation, rental, lift ticket and 4 hour lesson

Yoga

Yoga joins the schedule this winter! Come learn yoga poses, foster friendships, have fun and build strength and flexibility with yoga! Athletes will have the space to explore challenges as well as find their comforts in a supportive environment. Classes will build confidence, strength and flexibility as well as offer de-stressing, breathing, and deep relaxation techniques to take home with them. No experience necessary. Cost includes a yoga mat will be provided on the first class and athletes should plan to bring their mat with them to each class. Program is limited to 15 participants.

When: Monday's, 6:30pm-7:30pm
Location: The Women's Club
72 Columbus St., Newton Highlands
Dates: Jan 7, 14, 28, Feb 4, 11, 25
Ages: 13 - 30
Cost: \$30 Resident; \$35 Non-Resident

Snowshoe Clinic

with Waypoint Adventure

Come enjoy the winter trails with Dan Minnich and Adam Combs of Waypoint Adventure. Waypoint Snowshoeing will open your eyes to the exciting and accessible world of the New England winter woods. On this program you will be encouraged to reach your individual and group goals all while learning skills to travel safely and effectively through the winter wilderness environment. Some of the lessons may include layering, packing the 10 essentials, map and compass land navigation, teamwork, communication, and perseverance.

When: Saturday, 1:00pm- 3:00pm
Location: Assabet River Wildlife Refuge
Dates: February 2
Ages: 8 & Up
Cost: \$20 Resident \$25 Non-Resident



**Indoor
Rock Climbing**
Saturday March 16th
6:00pm-8:00pm

www.waypointadventure.org

Ice Skating at Fessenden

For those who signed up in the fall our ice skating program continues in 2012. The program is currently full.

January 10, 17, 24, 3

February 7, 14



UPCOMING SPECIAL OLYMPIC SKI DATES

Alpine Skiing Assessment Round:

Saturday, February 16th
Blandford Ski Area

Winter Games

March 9th & 10th
Wachusett Mountain

Please note: If your son or daughter wants to compete in Special Olympic Alpine, Cross Country Skiing or Ice Skating program please contact us as soon as possible so that we can sign them up to participate. Athletes must have a current Special Olympic medical form and attend the assessment round to be eligible for the 2013 Winter Games.

Basketball

Bears Basketball

After wrapping up the 2012-2013 swim program in January, the Bear Cubs will head back up to Emerson Community Center for basketball. This six week program will prepare the Bears for their scrimmage at the Kevin Clancy Basketball Tournament. Participants will learn skills in dribbling, shooting and passing.

When: Saturdays 8:30am-9:30am
Location: Emerson Community Center
45 Pettee Street 02464
Dates: Feb 2, 9, 16, 23
March 2, 9, 16 (Kevin Clancy Basketball Tournament)
Ages: 8 - 16
Cost: \$30 Resident \$35 Non Resident

Celtics Men's Basketball

The Newton Celtics team is unique in that the team members remain the same unless someone decides to retire. If you have been on the team in the past and choose to play this year please sign up on the registration form. Commitment to attending weekly practice sessions, playing in Special Olympic competitions and scrimmages weekends and evenings is imperative.

When: Wednesdays 6:30pm-7:30pm
Location: The MacKenzie Center, Sacred Heart Parish Hall, Newton Centre
Dates: January 2, 9, 16, 23, 30
February 6, 13, 27
March 6 (Andrea Josephson Game),
16 (Kevin Clancy Tourney)
Ages: 24 & Up
Cost: \$30 Resident \$35 Non Resident

Tigers Basketball

The Tigers will take to the hardcourt for their second season of basketball in Newton Centre. The Tigers will be playing a halftime game at Harvard University as well as participate in the Andrea Josephson basketball game and the Kevin Clancy Basketball Tournament.

When: Wednesdays 5:30pm-6:30pm
Location: The MacKenzie Center, Sacred Heart Parish Hall, Newton Centre
Dates: January 2, 9, 16, 23, 30
February 2 (Harvard), 6, 13, 27
March 6 (Andrea Josephson Game)
16 (Kevin Clancy Tourney)
Ages: 17 - 23
Cost: \$30 Resident \$35 Non Resident

Pointsetters Coed Basketball

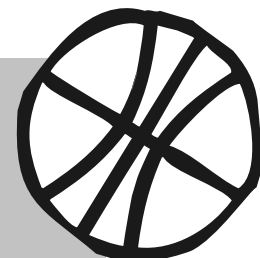
The Pointsetters are ready for another great season and welcome both men and women to the team. The Pointsetters will participate in the Andrea Josephson basketball game and Kevin Clancy Basketball Tournament.

When: Wednesdays 7:30pm-8:30pm
Location: The MacKenzie Center, Sacred Heart Parish Hall, Newton Centre
Dates: January 2, 9, 16, 23, 30
February 6, 13, 27
March 6 (Andrea Josephson Game)
16 (Kevin Clancy Tourney)
Ages: 18 & Up
Cost: \$30 Resident \$35 Non Resident



Kevin Clancy Basketball Tournament

Saturday, March 16th
Newton North High School



Track, Swim Team, Tigers, Zumba

Track Training Program

Runners and walkers come and get in shape and meet new friends. Participants are eligible for Special Olympic competition in the spring and summer based on attendance and effort. Special Olympic medical forms are required for all interested in S.O. competition. Athletes should wear comfortable clothing and sneakers.

When: Tuesdays 7:00pm-8:00pm

Location: Newton North High School
457 Walnut Street

Dates: March 12, 19, 26

April 2, 9, 23, 30

May 7, 14, 21, 28

June 4

Note: No program April 16 for vacation week.

Ages: 13 & Up

Cost: \$30 Resident \$35 Non Resident



Newton Swim Teams

This program is for youth and adults that are ready to swim laps. Both teams will have the opportunity to compete in the Area and Summer Games in 2013. Currently this program is full. If you have been on the team in the past and choose to swim this year please sign up on the registration form. If any team member that currently swims with us decides not to swim this season, we will take new athletes.

When: Tuesdays, 8:00pm-9:00pm

Location: Newton North High School
457 Walnut Street

Dates: March 13, 20, 27

April 2, 9, 23, 30; May 7

Note: No program April 16 due to vacation week

Ages: Junior Team (10-17)

Senior Team (18 & Up)

Cost: \$30 Resident \$35 Non Resident

Tigers Winter Sports & Spring Baseball

After enjoying floor hockey and bowling in the winter months, the Tigers will take to the mound in the spring. Opening day for the 7th year of Tigers baseball is set for April 27, 2013.

When: Saturdays 9:30am-11:00am

Location: Emerson Community Center
(floor hockey, 9:30am-11:00am)

Needham Bowlway

(bowling, 10:00am-11:00am)

Hawthorn Field

(baseball, 9:30am-11:00am)

Dates: Jan 5, 12, 19, 26; Feb 2, 9, 16, 23
(floor hockey)

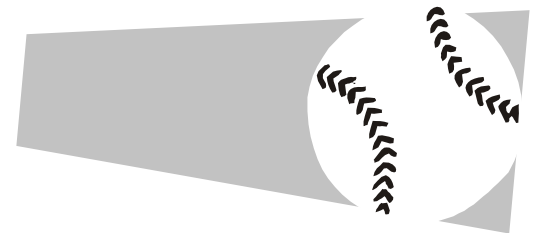
March 2, 9, 23, 30; April 6, 13, 20

(bowling)

April 27, May 4, 11, 18 June 1, 8, 15, 22
(baseball)

Ages: 15-23

Cost: \$30 Resident \$35 Non Resident



Zumba

Zumba is a dance/fitness program that is more like a party than a workout. Have fun dancing to Latin-inspired music while at the same time getting a great cardiovascular and muscle toning workout. Everyone can Zumba, so no dance experience is necessary. Come join our instructor Danielle Prestejohn and get ready to Zumba.

When: Thursdays, 6:15pm-7:00pm

Location: Newton Cultural Center

Dates: Feb 28

March 7, 14, 21, 28

April 4, 11, 25

Ages: 10 & Up

Cost: \$30 Resident \$35 Non-Resident

Golf, Tennis, Rowing, Soccer

Golf Clinics

Come join head pro Larry Coletti for two instructional golf clinics that will focus on both the short game (chipping and putting) as well as the long game (woods, irons). Golf clubs provided. Drop off and pick-up is at Putterham Meadows. Program is limited to 10 participants.

When: Thursdays, 4:00pm-5:00pm
Location: Brookline Golf Club at
Putterham Meadows
1281 West Roxbury Parkway
Brookline
Dates: May 2, 9
Ages: 13 & up
Cost: \$10 Resident \$12 Non-Resident

Tennis

This Spring our tennis program will take place on Monday nights at Lower Falls Community Center. This six week program will focus on all aspects of tennis (groundstrokes, serves, volleys, as well as the rules of the games) and help prepare athletes for the Summer Games in June.

When: Monday Nights, 5:00pm-6:00pm
Location: Lower Falls Community Center Courts
545 Grove Street
Dates: April 22, 29
May 6, 13, 20
June 3
Ages: 13 & up
Cost: \$25 Resident \$30 Non-Resident

Rowing

Come get a great workout while enjoying the Charles River this spring. We will head down to CRI's award winning boathouse for three rowing clinics. Program is limited to 10 participants and all boats will be staffed with Newton Park & Recreation and Community Rowing Inc. staff.

When: Fridays, 4:00pm 5:00pm
Location: Community Rowing Inc.,
Harry Parker Boathouse
Dates: May 3, 10 & 17
Ages: 13 & Up
Cost: \$10 Resident
\$12 Non-Resident



Hooligans Spring Soccer

The Hooligans are offering a sixth mini-season of spring soccer. The Hooligans will practice in April as well as possibly attend a tournament in Connecticut in early May. Athletes from both the Super Hooligans and the Mighty Hooligans teams are invited and new soccer athletes are welcome. This will be a 5-a-side traditional Special Olympics soccer team.

When: Sundays, 10:00am-Noon
Location: Field TBA
Dates: April 7, 14, 21, 28
Ages: 18 & Up
Cost: \$20 Resident
\$25 Non Resident



Paddy's Road Race

Thanks to John and Karl O'Hara, our race committee, volunteers, participants and all of our sponsors we raised over \$32,000 at Paddy's Road Race on October 14th to benefit the Newton Special Athletes program. We had 2,037 sign-up for the 3M, 133 sign up for the 1K and 164 for the youth field races. Thank you for supporting O'Hara's & Paddy's when your family, friends, or co-workers head out for lunch, dinner and now Sunday brunch at O'Hara's!

A black and white advertisement for O'Hara's Food & Spirits and Paddy's. The top half features O'Hara's with a photo of the building and contact information. The bottom half features Paddy's with a photo of the building and contact information. The text is arranged in a clean, professional layout with decorative flourishes.

O'HARA'S
FOOD & SPIRITS

1185 Walnut St.
Newton Highlands, MA 02461
Phone: (617) 965 - 6785
Fax: (617) 965 - 1610
www.oharas.us

*An inviting atmosphere where
all are welcome to enjoy fine food,
drink and camaraderie.*

PADDY'S

95 Elm St.
West Newton, MA 02465
Phone: (617) 965 - 6444
Fax: (617) 965 - 9644
www.oharas.us

*Nestled in the heart of West Newton,
Paddy's has been completely renovated and
customized to the O'Hara's high standards.*

Theatre, Socials & Camp

Let's Share the Spotlight

A Tribute to the Beatles

Have you ever been told that you'd be great on stage? Come try your hand at singing and dancing. Join our fun program Let's Share the Spotlight! This program will provide participants with an opportunity to hone their musical talents and perform on stage. Topics will include selling a song, movement for the stage, vocal techniques, and learning choreography. This semester, participants will learn and rehearse some of the Beatles' most famous songs, leading up to a performance that friends and family can come be a part of!

When: Thursdays, 7:00-8:15pm

Location: Newton Cultural Center
225 Nevada Street, Newton

Dates: February 28,
March 7, 14, 21, 28
April 4, 11, 25,
May 2
Performance TBA

Ages: 18 & up

Cost: \$60 Resident \$65 Non Resident

Vacation Week

Spectaculars

These events will serve both teens and adults and take place on Wednesday nights and during the day on Sundays. The movie nights will be in Newton or Waltham and we will take buses from Newton for the Sunday trips.

When: During Feb & April Vacation Weeks

Location: Varies

Dates: **Dinner & Movie Night**

Wednesday Feb. 20

King's Bowling Party & Lunch

Sunday Feb 24

Dinner & Movie Night

Wednesday April 17

Dave & Busters Party & Lunch

Sunday April 21

Ages: 13 - 19

Cost: Varies (pay cash at programs)

NEWTON CAMP FAIR

Sunday, January 27
Newton North High School
Noon - 4pm

Camp Echo Bridge



Summer Fun!

**RECREATION
& LEISURE
ACTIVITIES**



**ACADEMIC
ENRICHMENT
ACTIVITIES**

An inclusive summer program that bridges recreation and academics in the summertime.

Day Camp July 1 – August 9; Residential Camping Week August 12-16

Winter/Spring 2013 Registration Form

(Please complete both sides)

Name: _____ Date of Birth: _____ Age: _____

Address: _____
Street Town Zip

Phone: _____ Emergency#: _____

Participant, family, staff emails: (at least one is required) _____

Program	Ages	Resident	Non Resident	Check Off
1. Downhill Ski Trip	5 & Up	\$80	\$85	_____
2. Snowshoeing Clinic	8 & Up	\$20	\$25	_____
3. Bears Basketball	8-16	\$30	\$35	_____
4. Tigers Basketball	17-23	\$30	\$35	_____
5. Celtics Basketball	24 & Up	\$30	\$35	_____
6. Pointsetters Basketball	18 & Up	\$30	\$35	_____
7. Track Training	13 & Up	\$30	\$35	_____
8. Swim Team	10 & Up	\$30	\$35	_____
9. Tigers Winter Sports & Baseball	16 & Up	\$30	\$35	_____
10. Zumba	10 & Up	\$30	\$35	_____
10. Tennis	13 & Up	\$25	\$30	_____
11. Golf Clinics	13 & Up	\$10	\$12	_____
12. Rowing	13 & Up	\$10	\$12	_____
13. Hooligans Spring Soccer	18 & Up	\$20	\$25	_____
14. Let's Share the Spotlight	18 & Up	\$60	\$65	_____
15. Yoga	13-30	\$30	\$35	_____
16. Vacation Spectaculars	13 & Up	Sign up below/Pay cash at events		_____
	Feb 20 Dinner & a Movie			_____
	Feb 24 King's Bowling Party & Lunch			_____
	Apr 17 Dinner & a Movie			_____
	Apr 21 Dave & Busters Party & Lunch			_____

Total of Check Enclosed: _____ **Make all checks payable to: CITY OF NEWTON**

Mail both Registration & Medical Forms along with payment to:
Newton Parks & Recreation, 124 Vernon Street Newton MA 02458

CONSENT FORM

Parental Consent, Release from Liability and Indemnity for Newton Parks and Recreation Special Needs Program

I/we, the undersigned father and mother, or guardian(s) of _____, a minor, do hereby consent to his/her participation in the Therapeutic Recreation Program of the Newton Parks & Recreation Department. I/we forever RELEASE, acquit, discharge and covenant to hold harmless the City of Newton, a municipal corporation of the Commonwealth of Massachusetts, and its successors, departments, officers, employees, servants and agents, of and from any and all actions, causes of actions, claims, demands, damages, costs, loss of services, expenses and compensation on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damages which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor, and also all claims or rights of actions or damages which said minor has or hereafter may acquire, either before or after his/her participation in Therapeutic Recreation Program. FURTHERMORE, I/we hereby agree to protect the City of Newton and its successors, departments, officers, employees, servants and agents against any and all claims for damages, compensation or otherwise on the part of said minor growing out of or resulting from injury to said minor in connection with his/her participation in the Therapeutic Recreation Program and to INDEMNIFY, reimburse or make good to the City of Newton or its successors, departments, officers, employees, servants and agents any loss or damage or cost, including attorney's fees, the City of Newton or its representatives may have to pay if any litigations arise from said minor's participation in and field trips with, the said Therapeutic Recreation Program.

SIGNATURE PARENT/GUARDIAN

RELATIONSHIP

DATE

Photo Release: For all participants in any program. Permission is given for my child's picture to be taken with the possibility of being published, reproduced or otherwise used for publicity, educational or other purposes. Yes _____ No _____

2013 Medical Information Sheet

Please Print

Medical Diagnosis _____

Primary Care Physician _____

Known allergies to food _____

Known allergies to medicine _____

Does Participant have seizures? Yes ____ No ____

If yes, how often? _____

What type? _____

Date of last seizure _____

Emergency Contact

Name _____

Telephone _____

Medications

List all medications participant is taking below:

Please note: Data provided on this form is for information purposes only. In the event of an emergency this form will be given to medical personnel. Newton Parks & Recreation Department is not authorized to administer any medications.

Medication	Time	Dosage

Signature of parent/guardian _____ Date _____

THERAPEUTIC RECREATION PROGRAM CALENDAR 2013

January

S	M	T	W	T	F	S
		1	2 Tigers Basketball Celtics Basketball Pointsetters Basketball	3	4	5 Instructional Swim Tigers Floor Hockey
6 Yoga	7	8	9 Tigers Basketball Celtics Basketball Pointsetters Basketball	10 Ice Skating	11	12 Instructional Swim Tigers Floor Hockey
13 Yoga	14	15	16 Tigers Basketball Celtics Basketball Pointsetters Basketball	17 Ice Skating	18	19 Instructional Swim Tigers Floor Hockey
20 MLK Day	21	22	23 Tigers Basketball Celtics Basketball Pointsetters Basketball	24 Ice Skating	25	26 <u>Loon Mountain</u> Family Ski Trip Tigers Floor Hockey
27 Camp Fair Newton North Noon-4pm	28 Yoga	29	30 Tigers Basketball Celtics Basketball Pointsetters Basketball	31 Ice Skating		

February

S	M	T	W	T	F	S
					1	2 Bears Basketball Tigers Basketball Tigers Floor Hockey <u>Snowshoe Clinic</u>
3 Yoga	4	5	6 Tigers Basketball Celtics Basketball Pointsetters Basketball	7 Ice Skating	8	9 Bears Basketball Tigers Floor Hockey
10 Yoga	11	12	13 Tigers Basketball Celtics Basketball Pointsetters Basketball	14 Valentine's Day Skate	15	16 Bears Basketball Tigers Floor Hockey
17	18 PRESIDENT'S DAY	19	20 <u>Vacation Week</u> <u>Movie Night</u>	21	22	23 Bears Basketball Tigers Floor Hockey
24 <u>Vacation Week Trip:</u> King's Bowling Party	25 Yoga	26	27 Tigers Basketball Celtics Basketball Pointsetters Basketball	28 Zumba Let's Share the Spotlight		

THERAPEUTIC RECREATION PROGRAM CALENDAR 2013

March

S	M	T	W	T	F	S
					1	2 Bears Basketball Tigers Bowling
3	4	5	<u>Andrea Josephson</u> Game (Tigers/Celtics/ Pointsetters)	6 Zumba Let's Share the Spotlight	7 WINTER GAMES	8 WINTER GAMES Tigers Bowling Bears Basketball
10 WINTER GAMES	11	12 Track Swim Team	13	14 Zumba Let's Share the Spotlight	15	16 <u>Kevin Clancy</u> Basketball Tourney
17	18 Track Swim Team	19	20	21 Zumba Let's Share the Spotlight	22	23 Tigers Bowling
24 31	25 Track Swim Team	26	27	28 Zumba Let's Share the Spotlight	29	30 Tigers Bowling

April

S	M	T	W	T	F	S
	1 Track Swim Team	2	3	4 Zumba Let's Share the Spotlight	5	6 Tigers Bowling
7 Hooligans Spring Soccer	8 Track Swim Team	9	10	11 Zumba Let's Share the Spotlight	12	13 Tigers Bowling
14 Hooligans Spring Soccer	15 Patriot's Day	16	17 <u>Vacation Week</u> Movie Night	18	19	20 Tigers Bowling
21 <u>Vacation Week Trip:</u> Dave & Busters Party Hooligans Spring Soccer	22 Tennis	23 Track Swim Team	24	25 Let's Share the Spotlight	26	27 Opening Day: Tigers Baseball
28 Hooligans Spring Soccer	29 Tennis	30 Track Swim Team				

THERAPEUTIC RECREATION PROGRAM CALENDAR 2013

May

S	M	T	W	T	F	S
			1 Golf	2 Rowing	3 Tigers Baseball	4
5 Tennis	6 Track Swim Team	7 <u>35th ANNUAL AWARDS CEREMONY</u> Birthday Party	8 Golf	9 Rowing	10 Tigers Baseball	11
12 Tennis	13 Track (Outside)	14	15	16 Rowing	17 Tigers Baseball	18
19 Tennis	20 Track (Outside)	21	22	23	24	25
26 Memorial Day	27 Track (Outside)	28	29	30	31	

June

S	M	T	W	T	F	S
						1 Tigers Baseball
2 Tennis	3 Track (Outside)	4	5	6 SUMMER GAMES	7 SUMMER GAMES	8 Tigers Baseball
9 SUMMER GAMES	10	11	12	13	14	15 Tigers Baseball
16	17	18	19	20	21	22 Tigers Baseball
23	24	25	26	27 Summer Dates Camp Echo Bridge Day Camp July 1 - August 9	Summer Dates Residential Camping Week: August 12-16	

Lots
of
FUN!

